



Administrator's Notes

All the Staff at Mt. Vernon Nursing and Rehabilitation Center wishes our Residents, Families and Friends a Happy New Year. We thank you for your generosity during the holiday season. Every member of the staff was delighted to receive something from the fund that was collected over the month of December.

We have had a very busy year that included changes to higher staffing levels, activity program increases, a second social worker and more. We also had a very good State Health Department survey with only five paper compliance tags corrected immediately in most cases.

The New Year will bring the purchase and implementation of Electronic Medical Records. The Federal government has mandated that all facilities in the Medicare and Medicaid programs have this in place by 2014. We want to go ahead now to make sure all facets of this extremely complex undertaking are completed not just started.

Once again, our wishes for a Happy and healthy New Year go out to all our Residents, Families and Friends in 2012.



Meet Our Staff

Bob DeMaria
Administrator

Dr. Carleen Tylenda
Medical Director

Nancy Chila
Director of Nursing

Natalie Ruybal
Activity Director

Eileen Spinella
Director of Marketing &
Admissions

Marcia Saffell
Accounting

Lendy Bethel
Margo Harris
Social Services

Jhoel Mercado
Rehabilitation Director

Rosalind Dantzler
Director of Food Services

Maylloris Salvador
Director of Housekeeping

Charles Seay
Director of Maintenance

As Easy as Pie



Eskimo Pie may not have been a pie at all, but it sure was delicious. It was the first chocolate-covered ice cream bar. Christian Kent Nelson got the idea while working in his candy store. He watched as a small boy began to buy an ice cream, then changed his mind and bought a chocolate bar instead. Nelson asked

him why he didn't buy both. The boy said, "Sure, I know I want 'em both, but I only got a nickel." For weeks afterwards, Nelson worked around the clock trying to stick chocolate to ice cream.

Nelson's invention was a hit. He teamed up with chocolatier Russell Stover and called his new treat the Eskimo Pie. On January 24, 1922, Nelson patented his idea. Soon millions of the treats were being sold across the globe, and Nelson was raking in \$2,000 a day in royalties. Now that's cold hard cash.

Healthy Hugs

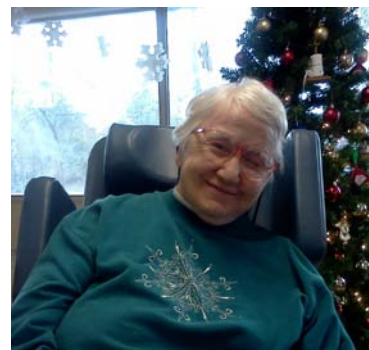


On January 21, Hugging Day, feel free to offer a hug to anyone and everyone you want. After all, the goal of the holiday is for people to show more emotion in public.

Studies have shown that physical contact has many health benefits. Such contact is indeed necessary for healthy social, psychological, and physical development. Hugs strengthen the immune system, decrease the risk of heart disease, decrease levels of the stress hormone cortisol, and increase levels of the "love hormone" oxytocin and the "feel good" brain chemicals, serotonin and dopamine.

Some people shy away from being touchy-feely in public, but humans have always been social creatures that thrive through human-to-human contact. Hugging may be the best tonic of all for what ails you.

Resident of the Month: Nancy Brill



Nancy was born and raised in Keyser, West Virginia. Nancy has 2 brothers and 2 sisters. During high school, Nancy met her husband Eugene Brill. Nancy helped in a nursery, and became a home health aide to low income families to assist in nutrition and resources. Nancy was also an Avon lady for 29 years.

Nancy loved sewing, attending church, homemaking, baking, and visiting homebound people. For 47 years, Nancy has attended the Presbyterian Church. Nancy came to northern Virginia to be closer to her daughter Jane, grandson Roth, and great granddaughters Lina and Mischa.

Unit Decorating Contest

Our Nursing Department had a holiday contest of their own. They asked each unit to pick a theme and decorate their unit. With lots of holiday spirit on the units, the judging was hard, but there could only be one winner. The winner of the Hall Decorating Contest was Independence Hall! Congratulations!



Oatmeal in the Oven

January may be the perfect month to enjoy the warm and hearty comfort of oatmeal. Besides, it's Oatmeal Month. This recipe for oven-baked oatmeal is sure to win the hearts, minds, and stomachs of all who eat it:

Mix together:

- 1/3 cup vegetable oil
- 1/2 cup sugar
- 1 large egg, beaten

Add, mixing well:

- 2 cups oats, rolled or quick
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 cup milk

Pour into greased 9 X 5-inch loaf pan. Bake at 350 degrees F for 35 to 40 minutes (25 to 30 minutes if using quick oats), or until golden brown. Top with milk, cream, brown sugar, nuts, dried berries, or all of the above.

A Note From Activities

We would like to thank our residents who judged our Annual Door Decorating Contest. Our winners were Nancy Chila, DON and Bonnie Coulter, ADON. Congratulations!

We would also like to thank everyone who donated their non-perishable food items to our facility, which went to the Carpenter's Shelter; a local homeless shelter for men, women and children. They greatly appreciated all the donations.

In the month of January, we will be celebrating Activities Professional Week from the 22nd - 28th. We will be having a themed week including special activities. We would like to encourage everyone to participate. Please look out for flyers as we get closer to these dates.

As we make our way into 2012, we are excited for what the new year will bring. Please continue to provide us with suggestions as well as your feedback on our programs. We hope that everyone enjoyed the holiday season!

Employee of the Month: Srijana Ghimire



I was born in Kathmandu, Nepal in January 1974. Nepal is a small and beautiful country located between China and India. Mt. Everest is known as the highest mountain in the world. This mountain is located in northern Nepal, and is one of the biggest tourist attractions in Asia.

I have been married with Niranjan Khanal since 1994. I also have 2 boys whose names are Shreyak Khanal and Ashutosh Khanal. Shreyak is in the 9th grade, in West Potomac high school, while my youngest: Ashutosh is in the 5th in Hollin Meadows Elementary school. I'm also very grateful in the fact that both of my children are honor students.

I graduated from SiddhiGanesh High School in Nepal. Also, I completed and received a Bachelor's degree in Commerce from Tribhuvan University, Nepal. I've been working at MVNRC since June 2006. I highly admire helping the people with respect and dignity. I like to be honest and punctual at my work all the time. I would like to thank all of Mount Vernon's staff and colleagues who help make my job successful.

In my free time I enjoy watching TV, reading the newspaper and talking with my children. I believe that helping the people sincerely according to their needs must be our first priority.

January Staff Anniversaries

Seth Annan 10 years
Fafa Johnson 10 years
Raul Hurtado 7 years



Thank you for your continuous hard work!



Reminiscing Corner

What is your most memorable New Years?

- R. Malkin: "Party with family, and go to the theater on New Year's day."
- H. Simmons: "Out partying in a Dance Hall."
- G. Hoyt: "In Cyro, Egypt, I was happy with all my family, brother, and sister."
- R. Shores: "All of them were, so I can't just pick one."

What is your New Year's resolution?

- R. Malkin: "Enjoy each day as much as you can and be nice to other people."
- H. Simmons: "Take it easy, cut back on candy!"
- G. Hoyt: "Enjoy being with my remaining family, have good health and the bread of each day."
- R. Shores: "To have good health and happiness."

January Birthdays

Capricorns are born from January 1 to 19. Capricorns are pragmatic and forthright, so they have no problem sharing their advice. Great improvisers, Capricorns can adopt new ideas and make quick judgments in tricky situations. If you were born between January 20 and 31, you are an Aquarius. Water Bearers have attractive personalities and are very imaginative and intuitive. Aquarians have a strong desire to help humanity, create unity, and thirst for knowledge and truth.

Residents

Georgette H.	1/4	Eileen C.	1/9
Reyna F.	1/6	Joseph W.	1/26
Patricia M.	1/8	Linda B.	1/27

Staff

David A.	1/1	Nora M.	1/12
Nadia A.	1/1	Veronika H.	1/15
Fatoumata D.	1/1	Dion W.	1/16
Srijana G.	1/4	Raul H.	1/16
Safiatou B.	1/4	Sean H.	1/28
		Tripti D.	1/28